

aero**STEPPER**

by **WEIDER®**

Model No. WEST2002.2

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

CUSTOMER HOT LINE:

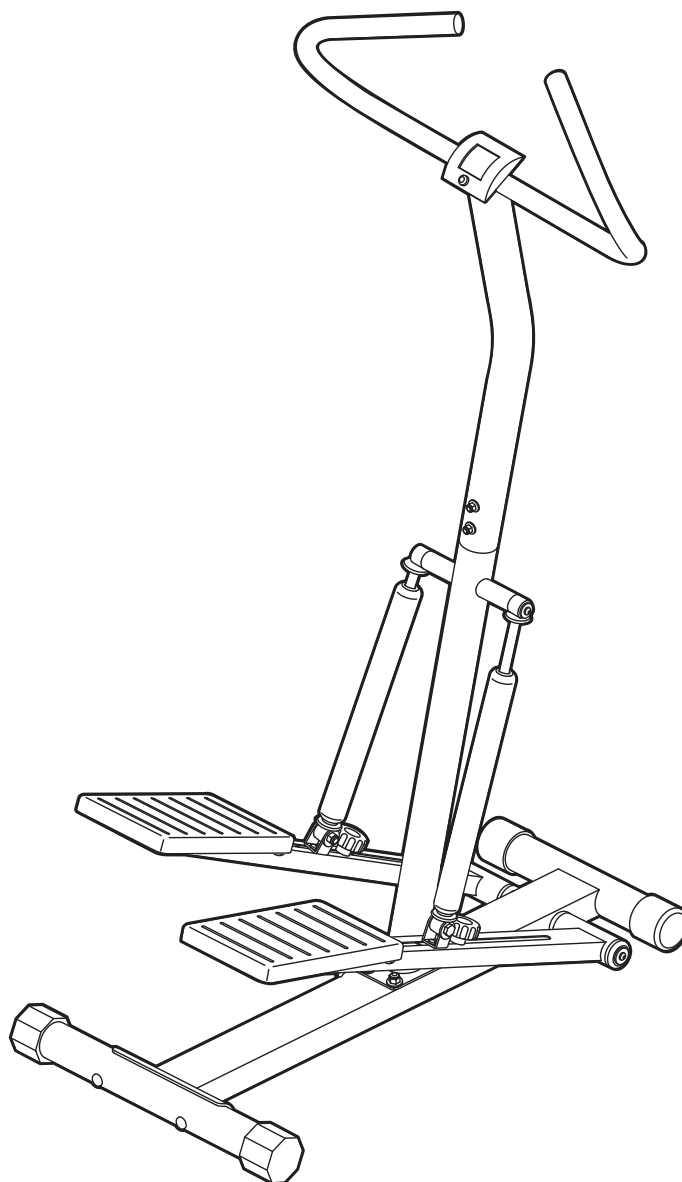
1-800-288-4802

Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:

www.weiderservice.com

USER'S MANUAL



CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.



Visit our website at

www.weiderfitness.com

*new products, prizes,
fitness tips, and much more!*

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS	2
BEFORE YOU BEGIN	3
ASSEMBLY	4
HOW TO USE THE STEPPER	7
TROUBLESHOOTING AND MAINTENANCE	8
CONDITIONING GUIDELINES	9
PART LIST	10
EXPLODED DRAWING	11
HOW TO ORDER REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the stepper.

1. Read all instructions in this manual and all warnings on the stepper before using the stepper. Use the stepper only as described.
2. It is the responsibility of the owner to ensure that all users of the stepper are adequately informed of all precautions.
3. The stepper is intended for in-home use only. Do not use the stepper in a commercial, rental, or institutional setting.
4. Keep the stepper indoors, away from moisture and dust. Place the stepper on a level surface, with a mat beneath it to protect the floor or carpet from damage. Make sure that there is enough clearance around the stepper to mount, dismount, and use the stepper.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the stepper at all times.
7. The stepper should not be used by persons weighing more than 250 pounds.
8. Wear appropriate clothes when exercising; do not wear loose clothes that could become caught on the stepper. Always wear athletic shoes for foot protection.
9. The resistance cylinders may become hot during use. Allow the cylinders to cool before touching them.
10. Always keep your back straight when using the stepper; do not arch your back.
11. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
12. The decals shown on page 3 have been placed on the stepper. If a decal is missing, or if it is not legible, please call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

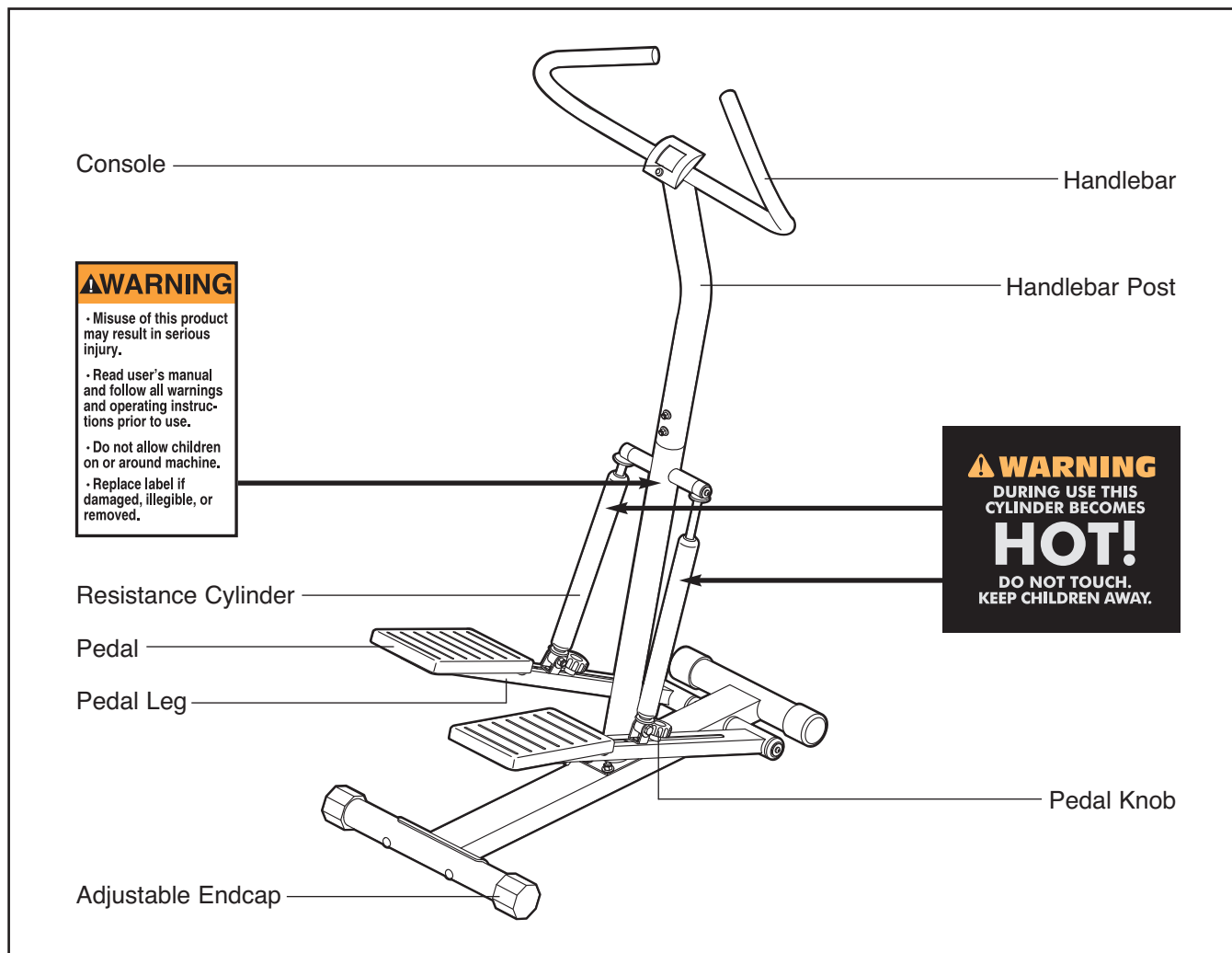
Thank you for selecting the new WEIDER® AERO STEPPER. The WEIDER AERO STEPPER blends advanced engineering with contemporary styling to provide you with effective, low-impact workouts in the convenience and privacy of your own home.

For your benefit, read this manual carefully before using the stepper. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, please mention the

product model number when contacting us. The model number is WEST2002.2.





To avoid a registration fee for any service needed under warranty, you must register the stepper at www.weiderservice.com/registration.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

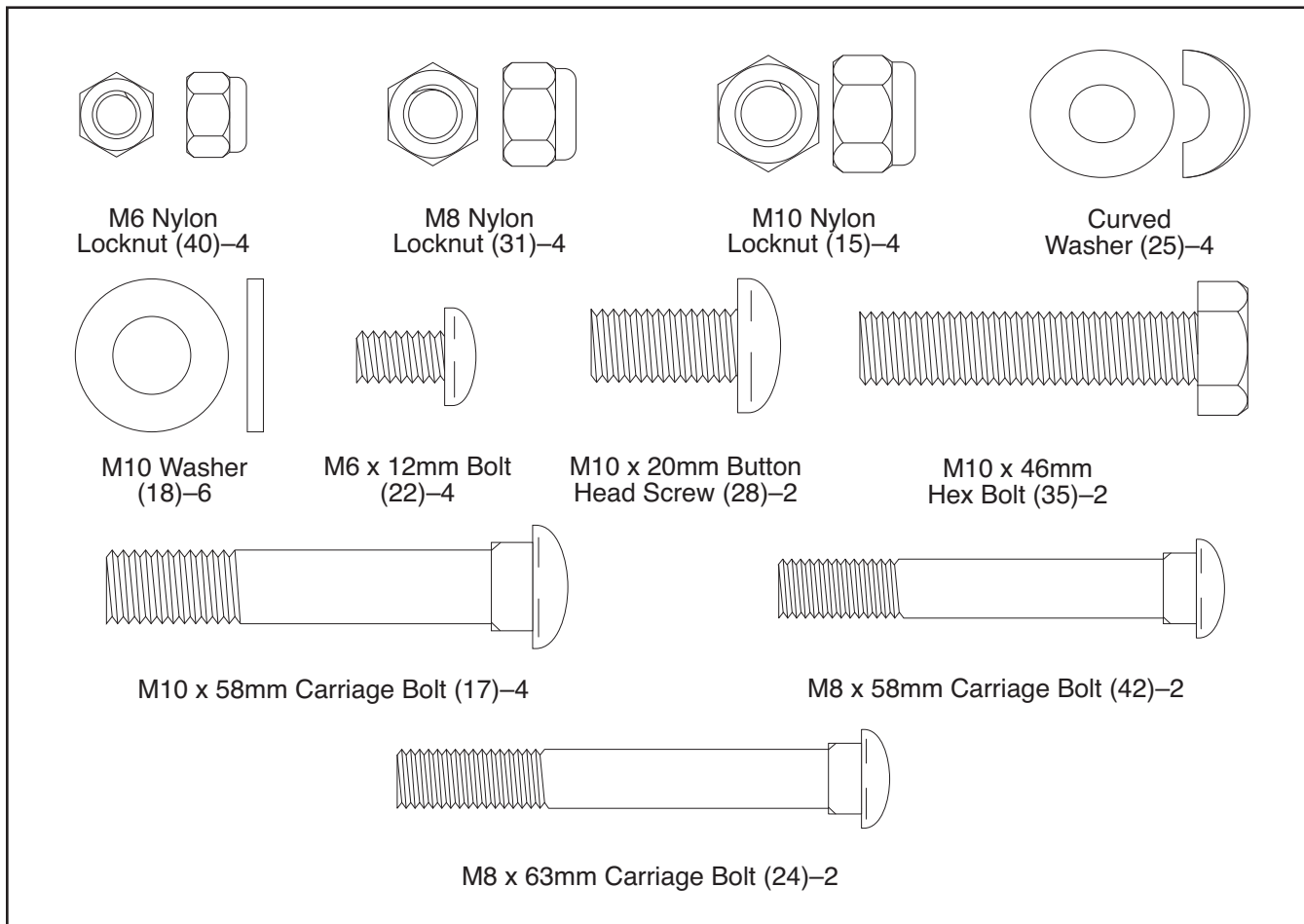


ASSEMBLY

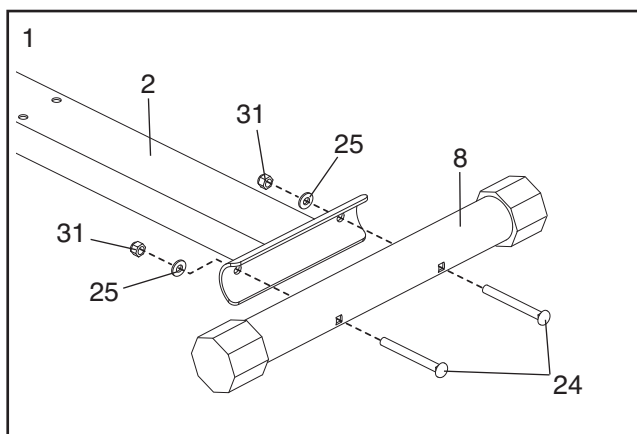
To hire an authorized service technician to assemble the stepper, call toll-free 1-800-445-2480.

Place all parts of the stepper in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included allen wrenches**  **and your own phillips screwdriver** , **adjustable wrenches** , and **rubber mallet** .

Refer to the drawings below for help identifying the small parts used during assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 10. The number following the key number is the quantity required for assembly. **Note: If a part is not found in the parts bag, check to see if it has been preassembled.**

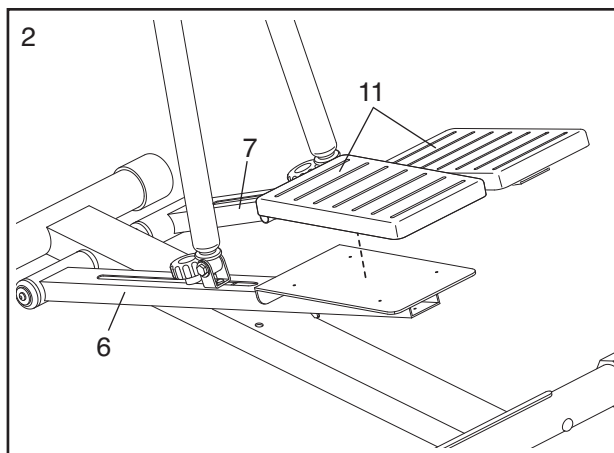


1. Attach the Rear Stabilizer (8) to the Base (2) with two M8 x 63mm Carriage Bolts (24), two Curved Washers (25), and two M8 Nylon Locknuts (31).



2. Peel the backing off the adhesive on the bottom of a Pedal (11). Press the Pedal onto the Left Pedal Leg (6) as shown.

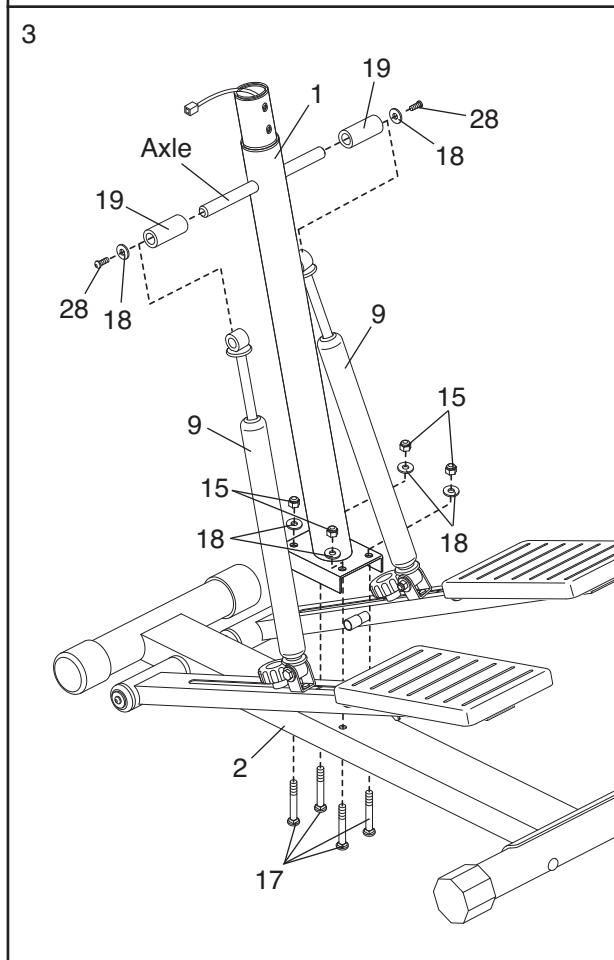
Attach a Pedal (11) to the Right Pedal Leg (7) in the same way.



3. Insert four M10 x 58mm Carriage Bolts (17) up into the indicated holes in the Base (2). Next, slide the Upright (1) onto the Carriage Bolts; **make sure that the Upright is angled in the direction shown.** Tighten four M10 Nylon Locknuts (15) with four M10 Washers (18) onto the Carriage Bolts.

Slide a Cylinder Spacer (19) onto the axle on the left side of the Upright (1); make sure that the curved end of the Cylinder Spacer is facing the Upright. Attach the left Resistance Cylinder (9) to the axle with an M10 x 20mm Button Head Screw (28) and an M10 Washer (18).

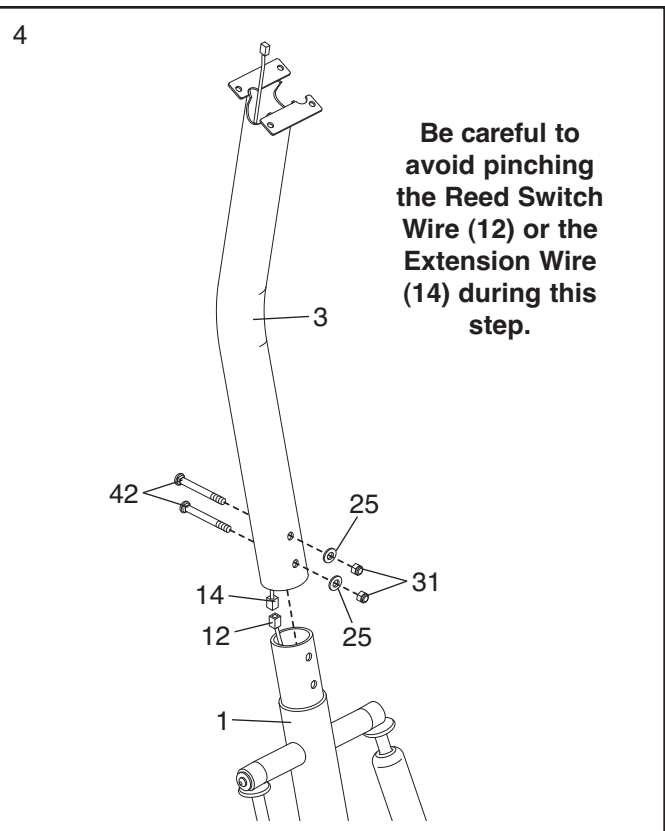
Attach the right Resistance Cylinder (9) to the right axle on the Upright (1) in the same way.



4. Feed the Extension Wire (14) through the Handlebar Post (3) as shown. Next, hold the Handlebar Post near the Upright (1).

Cut the wire tie securing the Reed Switch Wire (12) to the Upright (1). Connect the Reed Switch Wire to the Extension Wire (14).

Slide the Handlebar Post (3) onto the Upright (1). **Be careful to avoid pinching the Reed Switch Wire (12) or the Extension Wire (14).** Attach the Handlebar Post with two M8 x 58mm Carriage Bolts (42), two Curved Washers (25), and two M8 Nylon Locknuts (31).

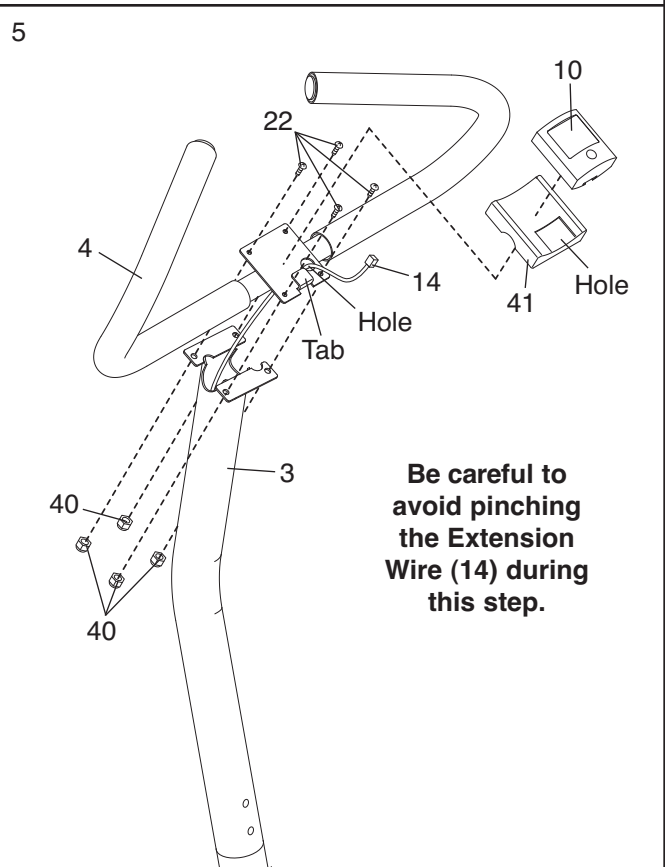


5. Remove the back of the Console (10). Insert one “AA” battery (not included) into the battery holder. Reattach the back of the Console.

Hold the Handlebar (4) near the Handlebar Post (3), and insert the Extension Wire (14) up through the indicated hole in the Handlebar. Attach the Handlebar to the Handlebar Post with four M6 x 12mm Bolts (22) and four M6 Nylon Locknuts (40). **Be careful to avoid pinching the Extension Wire.**

Next, route the Extension Wire (14) up through the indicated hole in the Console Plate (41), and plug the Extension Wire into the Console (10).

Insert the excess Extension Wire (14) into the Handlebar Post (3). Hold the Console Plate (41) on top of the plate in the center of the Handlebar (4), and then slide the Console (10) onto the indicated tab on the Handlebar. **Be careful to avoid pinching the Extension Wire.**



6. **Make sure that all parts are properly tightened before you use the stepper.**

HOW TO USE THE STEPPER

HOW TO EXERCISE ON THE STEPPER

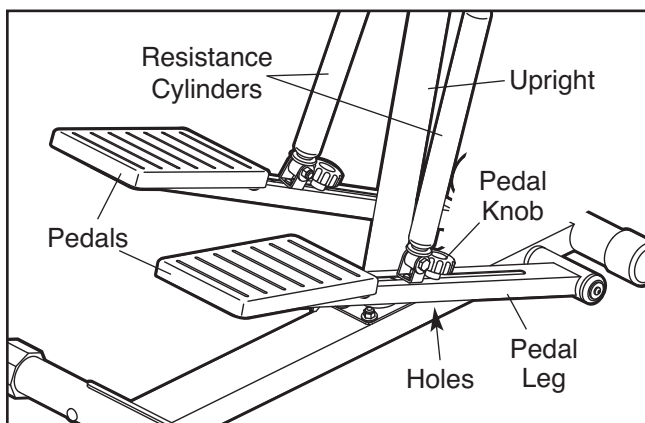
Place the stepper on a level surface, with a mat beneath it. Note: The stepper features precision hydraulic cylinders. There is a possibility of slight oil leakage due to the nature of hydraulic cylinders.

Hold the handlebars and step onto the pedals. Begin stepping, alternately pushing down the right and left pedals with a smooth, continuous motion. Because the pedals move independently, you must maintain a continuous motion or both pedals will sink to the floor. Adjust your pace or the height of your step until you can comfortably maintain a continuous motion.

To exercise your upper leg muscles, keep your feet flat on the pedals as you step. To focus on your calf muscles, rise on your toes as you step. Stand erect or lean forward slightly as you exercise; always keep your back straight to avoid injury.

HOW TO CHANGE THE RESISTANCE

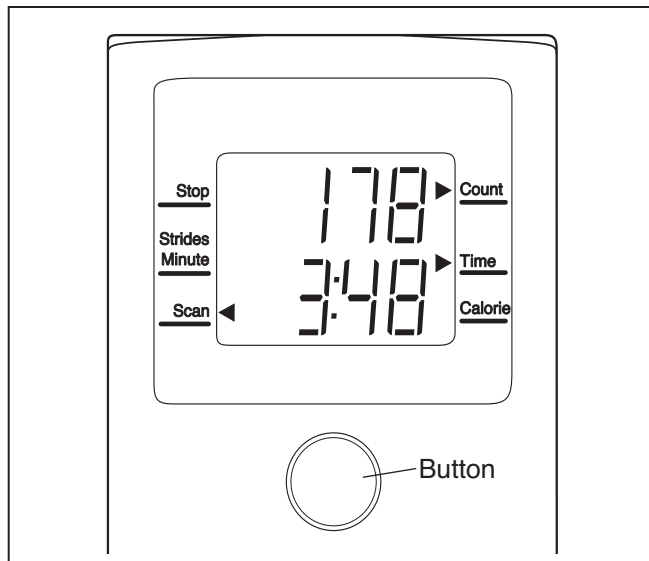
To change the resistance of the pedals, first turn the pedal knobs counterclockwise to loosen them. Next, slide the resistance cylinders closer to the pedals to increase the resistance or away from the pedals to decrease the resistance. **Make sure that both resistance cylinders are in the same position.** When the resistance cylinders are in the desired position, retighten the pedal knobs. **Make sure that the metal pin on each pedal knob is inserted into one of the holes in the underside of each pedal leg.**



⚠ WARNING: The resistance cylinders become very hot during use. Allow the resistance cylinders to cool before touching them.

HOW TO USE THE CONSOLE

If there is a thin sheet of clear plastic on the console, remove the plastic. To turn on the console, press the console button or begin stepping.



As you step, the upper half of the display will show the total number of steps you have completed. A mode arrow will point to the word "Count."

The lower half of the display will show the elapsed time, the approximate number of calories you have burned, and your stepping speed, changing from one mode to the next every few seconds. One mode arrow will point to the word "Scan," and a second mode arrow will point to the words "Time," "Calorie," or "Strides/Minute."

To view one mode continuously in the lower half of the display, press the button until there is a mode arrow pointing to the words "Time," "Calorie," or "Strides/Minute" but no mode arrow pointing to the word "Scan." To view all three modes again, press the button until there is a mode arrow pointing to the word "Scan."

To reset the display, press the button for about two seconds.

If the pedals are not moved and the button is not pressed for a few seconds, the word "STOP" will appear in the left side of the display. If the pedals are not moved and the button is not pressed for a few minutes, the console will turn off.

MAINTENANCE AND TROUBLESHOOTING

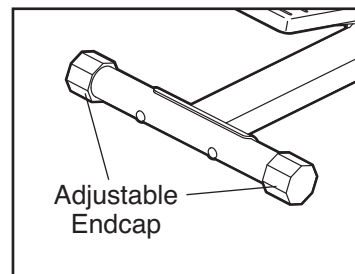
Inspect and properly tighten all parts each time the stepper is used. Clean the stepper using a soft cloth and a small amount of mild, non-abrasive detergent. To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

BATTERY REPLACEMENT

The console requires one “AA” battery. To replace the battery, first slide the console off the tab on the handlebar. Remove the back of the console, replace the battery, and then reattach the back of the console. Make sure that the extension wire is plugged fully into the console, and then slide the console back onto the tab on the handlebar.

LEVELING THE STEPPER

If the ends of both stabilizers do not sit flat on your floor, turn one or both of the adjustable endcaps until the rocking motion is eliminated.



CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning, the middle number is the recommended heart rate for maximum fat burning, and the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

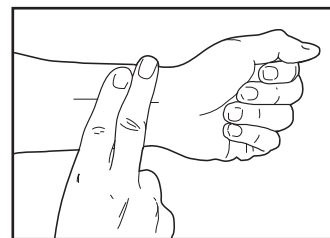
To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is between the lowest number and the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, first exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10



to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.)

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. WEST2002.2

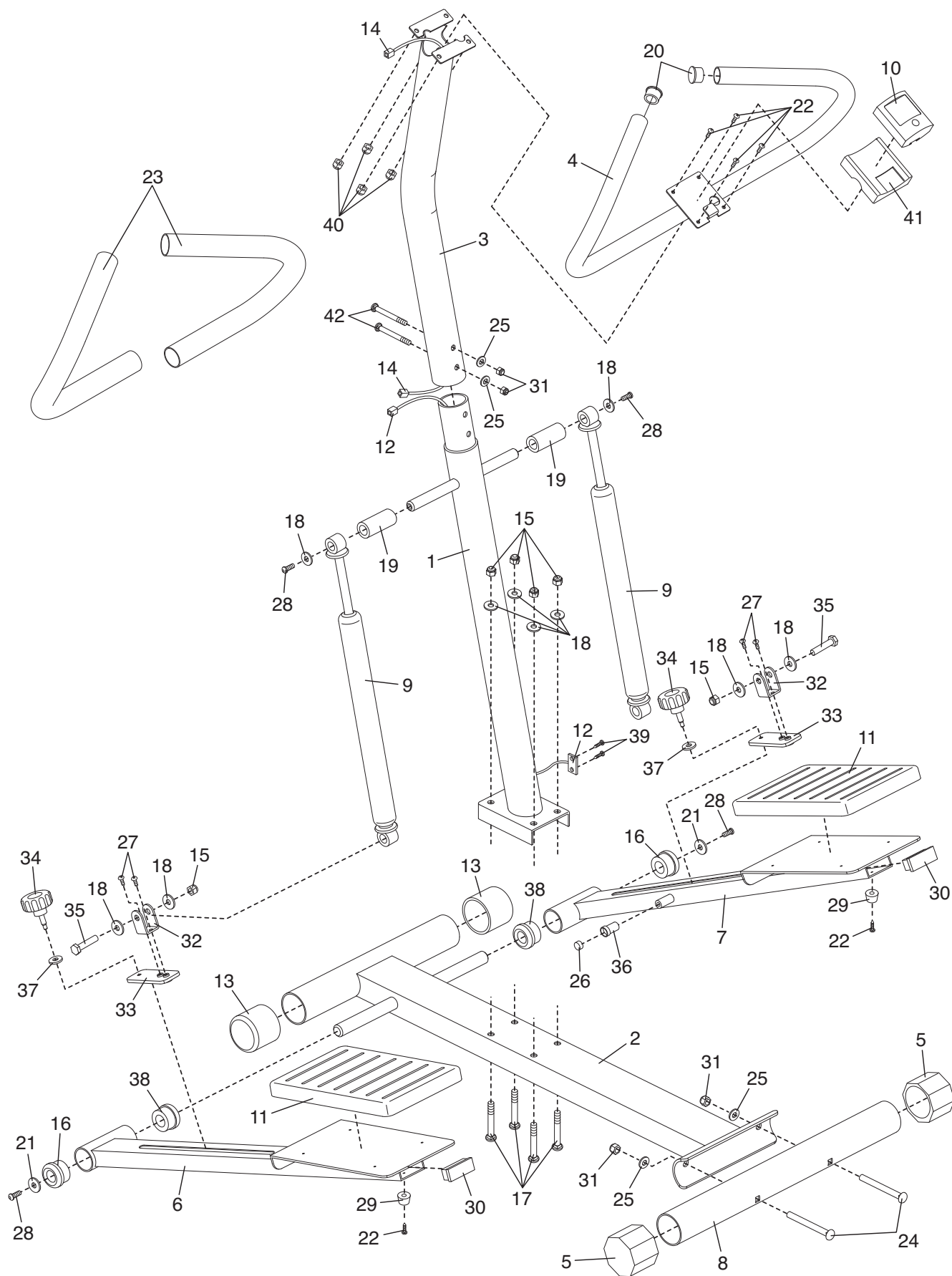
R0905A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Upright	24	2	M8 x 63mm Carriage Bolt
2	1	Base	25	4	Curved Washer
3	1	Handlebar Post	26	1	Magnet
4	1	Handlebar	27	4	M6 x 10mm Button Head Screw
5	2	Adjustable Endcap	28	4	M10 x 20mm Button Head Screw
6	1	Left Pedal Leg	29	2	Pedal Bumper
7	1	Right Pedal Leg	30	2	Pedal Leg Endcap
8	1	Rear Stabilizer	31	4	M8 Nylon Locknut
9	2	Resistance Cylinder w/Bushing	32	2	U-bracket
10	1	Console	33	2	Slide Plate
11	2	Pedal	34	2	Pedal Knob
12	1	Reed Switch Wire	35	2	M10 x 46mm Hex Bolt
13	2	Round Endcap	36	1	Magnet Base
14	1	Extension Wire	37	2	Knob Washer
15	6	M10 Nylon Locknut	38	2	Pedal Leg Inner Bushing
16	2	Pedal Leg Outer Bushing	39	2	M3 x 8mm Screw
17	4	M10 x 58mm Carriage Bolt	40	4	M6 Nylon Locknut
18	10	M10 Washer	41	1	Console Plate
19	2	Cylinder Spacer	42	2	M8 x 58mm Carriage Bolt
20	2	Handlebar Endcap	#	1	User's Manual
21	2	Large M10 Washer	#	1	Grease Packet
22	6	M6 x 12mm Bolt	#	2	Hex Key
23	2	Foam Grip			

Note: “#” refers to a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. WEST2002.2

R0905A



HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to provide the following information:

- the MODEL NUMBER of the product (WEST2002.2)
- the NAME of the product (WEIDER AERO STEPPER)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 10)

WEIDER is a registered trademark of ICON IP, Inc.

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813